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Ayurvedic Perspective on Digestion and Vitality

Ayurveda, a 5,000+ year old healing system from India, teaches us that digestion involves much more than just what we put into our bodies. How we eat, why we eat, and with whom we eat are just as important if not more important than the actual food we put into our bodies. This presentation will cover some of the most important foundational concepts of digestion.

Presenter Biography

Anna Wiens is an Ayurvedic Health Consultant based out of Minneapolis. She gives individual Ayurvedic health consultations focused on dietary, herbal, and yogic practices. In her consultations and workshops, she helps to empower individuals to take control of their own mental, physical, and spiritual health. You can contact her at herbanayurveda@gmail.com or visit her webpage at www.herbanayurveda.com